Abstract

Title: Manual techniques based on the theory of fascial chains

Objectives: The aim of this thesis is to summerize academic findings and information about anatomy, histology, neurophysiology and biomechanical properties of fascial tissue from the latest research and studies in the theoretical part. Analytical and descriptive part is firstly focused on principles of tissue remodeling, mechanism of myofascial therapy effects and on diagnostic methods which are available for evaluation of structure, properties and function of fascia. The main goal is to describe and compare different diagnostic and therapeutic approaches of most known authors based on various theories of fascial chains. Another important purpose of this work is to demonstrate the objective effect of particular fascial techniques and manual therapies.

Methods: This thesis is theoretical work with the purpose of summerizing, organizing and analyzing relevant studies related to the topic through the literary research in available academic databases.

Results: The key information concerning structure and properties of fascial tissue have been collected and analyzed according to the latest fascial researches. This thesis describes three best known and widely used approaches which concern the theory of fascial chains and practical outfall though different methods of fascial therapies. These three approaches were compared on the basis of theoretical background, principles of fascial chains, mechanism of the therapeutic effect and objective studies which shows the efficacy.

Keywords: fascia, connective tissue, fascial chain, myofascial technique, tensegrit, structural integration, acupuncture, fascial manipulation, meridian